

Hip Shaper



User's Manual

Thank you for selecting the revolutionary Hip Shaper by Wagan Tech. The Hip Shaper offers an impressive array of features to make your home workouts more enjoyable and effective.

WARNING: To reduce the risk of injury, it is important to read and understand this manual carefully before using the Hip Shaper. Please familiarize yourself with all precautions, warnings, and safety tips in this manual before operating this equipment. Save these instructions for future reference.

If you have additional questions, please call our Customer Service Department.

Toll free in the U.S. and Canada: 1.800231.5806 or

E-mail us at customerservice@wagan.com

IMPORTANT PRECAUTIONS

1. Read and understand this manual carefully before using the Hip Shaper.
2. Before beginning any exercise program, you should consult your doctor or physician first to determine if you have any medical or physical conditions that can put your health or safety at risk. This is especially important for persons over the age of 35 or persons with pre-existing health problems. Your doctor's advice is essential if you are taking medication that affects your heart rate, blood pressure, or cholesterol level.
3. Be aware of your body's signals. Incorrect or excessive exercise *can* be harmful to your health and/or injure your body. If you feel dizziness, nausea, chest pain, back pain, or other health symptoms, STOP THE WORKOUT IMMEDIATELY and consult your doctor before continuing.
4. Before using the machine, please check that the nuts and bolts are securely tightened. Do not operate this unit if it is not assembled well. You must inspect your machine periodically to ensure it is in good condition. It is your responsibility to inform all users of the proper usage of this equipment along with all warnings and precautions.
5. Keep children and pets away from the equipment. The equipment is designed for adult use only. The equipment is not suitable for therapeutic use.

6. Operate this equipment only as it is designed to be used (as directed in this manual). If any part of this unit is found to be defective while assembling, or if you hear any unusual noises from the equipment during use, stop immediately. Do not use the equipment until the problem has been solved.
7. Wear appropriate workout clothing while exercising. Do not wear robes or other clothing that can get caught in the machine.
8. Use the equipment on a flat, level, clear surface. Do not use the machine near water or outdoors.
9. Keep hands away from all moving parts. While lifting or moving the equipment, always do so carefully, being aware of its moving parts.
10. Maximum weight of user can not exceed 250 lbs (110 kg).
11. The equipment has been designed for home use only.

Health Condition Precautions

If you are currently taking medication for or have risk of any of the following conditions listed below, do not use this equipment. **It is imperative that you consult your doctor first. Death or other serious injuries may occur.**

- High fever (over 100.4°F or 38°C)
- Persons needing convalesce
- Right after any operation
- Pregnant women or women in postpartum
- Aneurysm, phlebangioma, serious disturbances of blood circulation, thrombosis etc.
- Osteoporosis
- Heart disease
- Cancer
- Persons using embedded medical electronic apparatus such as heart pacemaker.
- Persons with exceptional chine or bending chine.

- Parts cured or parts with disease.
- Persons with acute illness such as epiphyseal fracture, sprain and muscle strain etc.
- Persons with disease not clear.

Benefits of Exercise

A regular exercise program can help improve the quality of your life, give you more energy, and combat the effects of aging. Research has shown that 30 minutes of cardiovascular exercise combined with weight lifting just 3 to 4 times per week can help deliver the following health benefits: weight loss, improve body shape and definition, increase muscle mass, increase physical strength and endurance, enhance flexibility, increase metabolism, decrease chances of injury, improve aerobic fitness, improve coordination and agility.

Heart Rate

In order to improve fitness, achieve weight loss, and gain other important health benefits, the intensity level of your exercise needs to be within your target heart rate zone. One of the best ways to know if you're exercising in your training zone is to monitor your heart rate during the workout. To do this, locate your age on the chart and measure your pulse after a workout. This chart shows a lower target heart rate in number of beats per minute (or beats every 10 seconds). If you are beginning an exercise program, start exercising at this lower heart rate level.

Target heart rates are based on age groups, but are to be used as a general guide only. If your fitness level is lower than average for your age, then you may want to work slightly below your target heart rate. If you feel tired, reduce your heart rate and exercise at a lower rate. Overall, the target heart chart is a guide, not a set of rules, so remember to listen to your body at all times.

Pulse count

Take two fingers and place it on the palm side of your wrist or on your neck over the carotid artery (under your jaw). Count the number of pulses for ten seconds (since heart rate slows as you recover, a full minute count won't be as accurate). Check with the chart below to see if you are in your target range.

Beginner Target Heart Rate Chart

AGE	25	30	35	40	45	50	55	60
10 Second Count	23	22	22	21	20	19	19	18
Beats Per Minute (BPM)	138	132	132	126	120	114	114	108

Training Tips

With the use of this Hip Shaper, you can begin a training program that will lead to healthier lifestyle. In order to achieve your personal fitness goal, it is important to:

- Be consistent
- Eat right and be properly nourished
- Make progress in raising the workout intensity level

Knowing Your Limit:

The body, especially the heart and the circulatory system, need time to adapt to the new physical demands during your exercise. For this reason, it is really important to take it slow with the training and have brakes between and after the training. Exercise at a tempo that you feel comfortable with. After continuous training for a period of time, you can extend the length of your training or adjust the intensity to a higher level.

Safety:

- Wear comfortable clothes (sporting clothes).
- Do not exercise while eating.
- Never exercise with a full stomach. Do not exercise within one hour after meals or drinking alcohol.

- Do not exercise if you are already tired, feel exhausted, or sleepy.
- Always remember that your body needs enough liquid during exercise.
- Remember to always start and end your training with stretching.

Warm-up:

Warming up should generally be done with every sports activity. Stretching optimizes the proper usage and performance of your muscles while reducing the risk of injury.

We suggest a light jog for 5-10 minutes followed by the list of (but not limited to) basic stretches that target different muscle groups. Move slowly as you stretch; never bounce.

Stretching Suggestions

1. Toe Touch (Stretches: Hamstrings, back of knees, and back.)

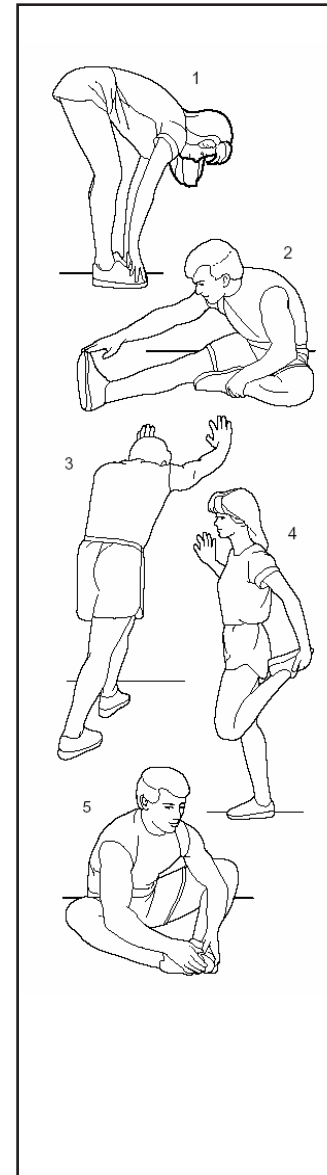
- Stand with your feet together and your knees bent slightly.
- Slowly bend forward from your hips. Allow your back and shoulders to relax as you reach down toward your toes as far as possible.
- Hold for 15 counts, then relax.
- Repeat each stretch 3 times.

2. Hamstring Stretch (Stretches: Hamstrings, lower back, and groin.)

- Sit with one leg extended. Bring the sole of the opposite foot toward you and rest it against the inner thigh of your extended leg.
- Reach toward your toes as far as possible.
- Hold for 15 counts, then relax.
- Repeat 3 times for each leg.

3. Calf/Achilles Stretch (Stretches: Calves, Achilles tendons, and ankles.)

- With one leg in front of the other, reach forward and place your hands against a wall.



- Keep your back leg straight and your back foot flat on the floor.
- Bend your front leg, lean forward and move your hips toward the wall. (To focus more on the Achilles tendon, bend your back leg.)
- Hold for 15 counts, then relax.
- Repeat 3 times for each leg.

4. Quadriceps Stretch (Stretches: Quadriceps and hip muscles.)

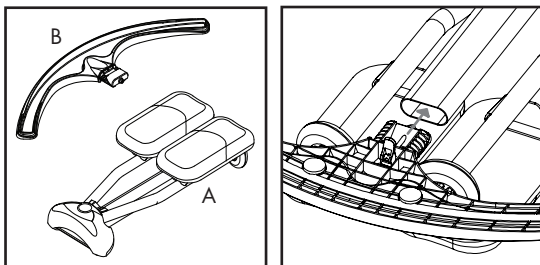
- With one hand against a wall for balance, reach back with the other hand and grasp the foot on the same side (left hand to left foot, right hand to right foot).
- Bring your heel as close to your buttocks as possible.
- Hold for 15 counts, then relax.
- Repeat 3 times for each leg.

5. Inner Thigh Stretch (Stretches: Quadriceps and hip muscles.)

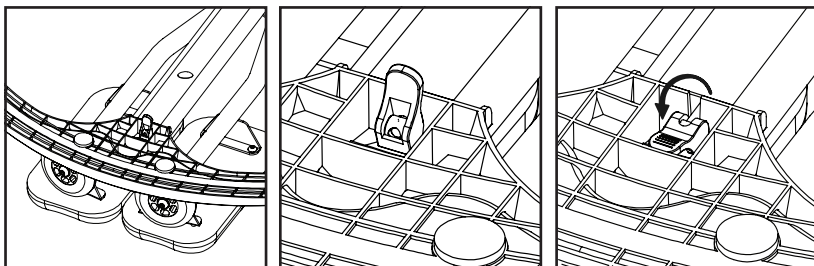
- Sit with the soles of your feet together and your knees outward.
- Pull your feet toward your groin area as far as possible.
- Hold for 15 counts, then relax.
- Repeat 3 times.

Assembly

1. Assembly requires two people.
2. It is recommended that you place a protective covering (such as a mat) under the Hip Shaper to protect the floor or carpet from damage.
3. Unpack your Hip Shaper where you will be using it. Be careful not to damage any part.
4. Set the parts in a cleared area and remove all packing materials. Do not dispose any packing materials until assembly is completed.
5. Place your Hip Shaper on a level, flat surface.
6. Attach the Sliding Track (unit B) to the Main Frame (unit A) by inserting the root of the Sliding Track to the bottom of the Main Frame.



7. Pull the Quick Release latch down to tighten and secure together.

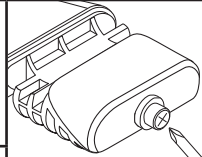


8. Make sure all parts are tightened before you use the Hip Shaper.

Trouble Shooting

DO NOT break down, repair, or alter this equipment on your own.

DO NOT continue using the equipment under following conditions:

Problems	Positions to be checked
<ul style="list-style-type: none"> • Abnormal noise is heard during the use • The cushion swags during the use • Unstable movement • The cushion does not move 	<p>Is unit B attached to unit A securely?</p> <p>Is Quick Release latch pressed down tightly?</p> <p>Are foreign objects caught between the wheel and orbit?</p>
<p>If the orbit becomes loose after the Quick Release latch is fastened.</p>	 <ol style="list-style-type: none"> 1. Release the latch and remove unit B (Sliding Track) from unit A (Main Frame). 2. Fasten the screw at the root of unit B. 3. Install unit B into unit A again as instructed in steps 6 & 7.
<p>If the Quick Release latch can not be pressed down.</p>	

Usage

The Hip Shaper is a great equipment for ski-body conditioning. You can place your feet or knees on the cushion and exercise the buttocks and leg muscles through the close and open of patellofemoral joint.

This product can not be used for purposes other than exercise. Accidents and physical injuries may occur if manual warnings and instructions are not followed. The company will not be liable for product failure or damage, physical accidents, or other problems arising from improper use. The warranty will also not be valid under such circumstances.

Safety

- Do not wear clothes that may cause you to slide off the equipment while exercising (e.g., socks, long stockings). Exercise with bare feet or anti-skid shoes.
- Do not operate this equipment on slippery, slanted, or unstable ground.
- If abnormal noise is heard during use, please stop to avoid possible damage, accident, or personal injury.
- Please also read the **Safety** section under **Training Tips** on page 5.

Operation

Before beginning, open the “buffer” at the back of unit A cushion to prevent collision during exercise.

Tips:

- If you are using the product for the first time, start from the kneeling position first.
- If you have a hard time balancing, use the wall as support while exercising to prevent sliding or falling off.

Examples:



Kneeling



Standing



Arms & Core

Maintenance & Storage

To clean this equipment, dip a cloth in cold or warm water and wipe down dirty/dusty areas. **DO NOT** sprinkle or pour water or any liquid on the equipment. **DO NOT** submerge in water.

- Do not use naphtha, thinner, grinding powder, etc. to clean any part of this equipment.
- Do not spray pesticide, hair spray, degerming agent, or any form of cleanser to prevent the deterioration or damage of cushion, framework and parts.
- Please cover corridor, wooden floor and tatami with carpet etc. to avoid damage.
- Keep away from high temperature objects such as furnace and fan heater etc., in order to prevent the deterioration or damage of cushion, framework and parts.
- Do not store outside door, in humid place such as bathroom or where the temperature is high, in order to prevent the deterioration or damage of cushion, framework and parts.
- Avoid direct sunshine or high temperature if not used for a long time.
- Do not use in a dusty place to prevent possible failure.

Technical specifications

Total weight (kg)	About 5.5
Dimension (cm)	About 66 (w) × 82 (l) × 14 (h)
Materials	Host machine: Steel, rubber, ABS, PU, wood (orbit: ABS)
Made in	China

WAGAN Corp. Limited Warranty

All WAGAN Corporation products are warranted to the original purchaser of this product.

Warranty Duration: This product is warranted to the original purchaser for a period of one (1) Year from the original purchase date, to be free of defects in material and workmanship. WAGAN Corporation disclaims any liability for consequential damages. In no event will WAGAN Corporation be responsible for any amount of damages beyond the amount paid for the product at retail. In the event of a defective item, please contact WAGAN Corporation at (800) 231-5806 to obtain a Returned Merchandise Authorization number (RMA#), and return instructions. Each item returned will require a separate RMA#. After you have received the RMA# and the return instructions from WAGAN Corporation, please follow the instructions and send the item with PREPAID SHIPPING, along with all of the required documentation, a complete explanation of the problem, your name, address and daytime phone number. WAGAN Corporation will, at its option, replace or repair the defective part.

A Returned Merchandise Authorization number (RMA#) is REQUIRED when sending in any defective item. WAGAN Corporation is not responsible for any item(s) returned without an official Returned Merchandise Authorization number. The item(s) must be returned with prepaid shipping. WAGAN Corporation is not responsible for any shipping charges incurred in returning the item(s) back to the company for repair or replacement. This warranty is void if the product has been damaged by accident, in shipment, unreasonable use, misuse, neglect, improper service, commercial use, repairs by unauthorized personnel or other causes not arising out of defects in materials or workmanship. This warranty is effective only if the product is purchased and operated in the USA and does not extend to any units which have been used in violation of written instructions furnished.

Warranty Disclaimers: This warranty is in lieu of all warranties expressed or implied and no representative or person is authorized to assume any other liability in connection with the sale of our products. There shall be no claims for defects or failure of performance or product failure under any theory of tort, contract or commercial law including, but not limited to negligence, gross negligence, strict liability, breach of warranty and breach of contract.

Warranty Performance: During the above one (1) Year warranty period, a product with a defect will be replaced with a comparable model when the product is returned to WAGAN Corporation with an original store receipt. The replacement product will be in warranty for the balance of the one (1) Year warranty period. REV2008

WAGAN Corp. Limited Warranty Registration Form

☒ Please activate my limited warranty for WAGAN Corp.

Name		
Mailing address		
City		
State, Zip code		
E-mail address		
Item purchased		Item no.
Store name		
Date of purchase		
Signature	Date	

All WAGAN Corporation Products must be registered within (30) days of purchase to activate this warranty. Mail the complete registration form, along with a copy of the original sales receipt to:

Attn: Customer Service
WAGAN Corporation
31088 San Clemente St.
Hayward, CA 94544



www.wagan.com
customerservice@wagan.com
Toll Free: 1.800.231.5806

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